

# CITY OF HOUSTON



### YOUTH MENTAL HEALTH GUIDE

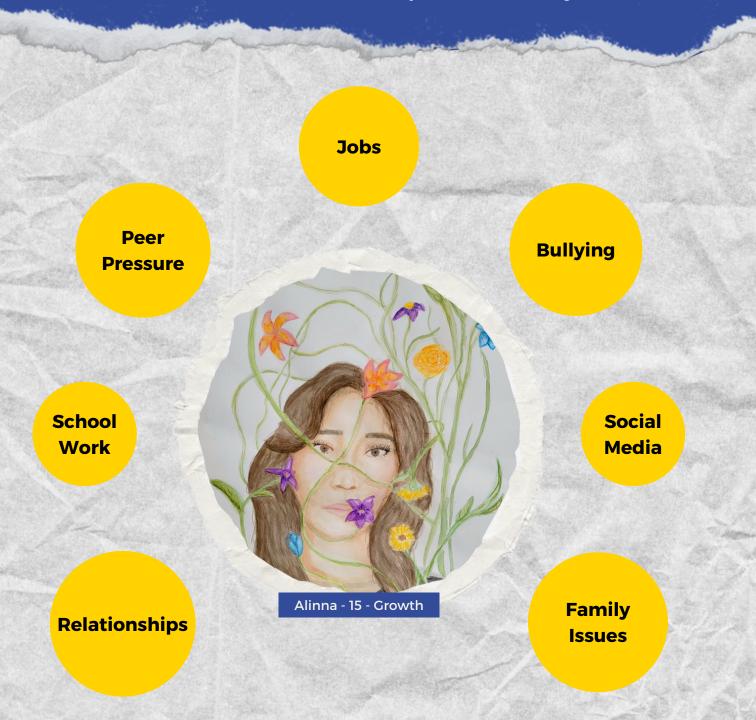
October 2023



Aria - 11 - Believe Dream and Conquer

# LIFE IS A JUECLING ACT

Balancing various responsibilities and problems can cause stress and affect your mental health negatively. Taking care of your mental health is as important as your physical health, as both will impact your well-being. Learn more about how to take care of your full self in this guide.



### ABOUT THIS CUIDE

Mental health is for **EVERYONE**, and anyone can benefit from reading this guide. This guide can help you in your wellness journey by providing information on how to receive support and find the mental health resources you need.



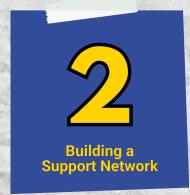
The guide's artwork is from the Center for School Behavioral Health's annual Youth Art showcase at Mental Health America of Greater Houston. The ultimate aim of the showcase is to encourage open conversations between young people and adults about mental health, while promoting art as a means of healthy coping and expression, and reducing the stigma surrounding mental health.

DISCLAIMER: THIS MENTAL HEALTH GUIDE IS A RESOURCE USED TO PROVIDE MORE AWARENESS ON MENTAL HEALTH AND IS NOT INTENDED AS A WAY TO DIAGNOSE OR GIVE MEDICAL ADVICE. THE MAYOR'S OFFICE OF EDUCATION AND YOUTH ENGAGEMENT DISCLAIMS ANY LIABILITY, LOSS, OR RISK INCURRED AS A CONSEQUENCE, DIRECTLY OR INDIRECTLY, OF THE USE AND APPLICATION OF THIS GUIDE. THIS IS PILOT VERSION AND CONTINUE TO IMPROVE IT WITH THE FEEDBACK OF YOUTH AND EXPERTS.

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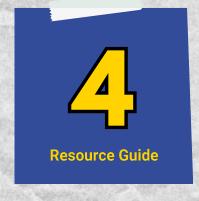
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# WHATISMENTALHEALTHP

Mental health is the way we think and feel about ourselves and the world around us. It also determines how we deal with life's challenges, relate to and interact with others, and the choices we make.

#### Mental health is ...

Something everyone has

A way to live a fulfilling life

A sign of strength

A lifelong journey

**Emotionally complex** 

Worth making time for

Important and real

### Mental health is NOT...

Something you should snap out of

Something to neglect

A sign of weakness

Always involving positive experiences

The same as mental illness

A life based on fear

Fake news

To learn more about children's mental health and see facts and statistics from the Centers for Disease Control and Prevention (CDC), click here.

### DO I NEED SUPPORT?

Life's ups and downs are natural and essential to our growth. If your thoughts or feelings are negatively affecting your daily life, however, it might be time to reach out for support.

If you answer "yes" to some of these questions, consider contacting a mental health professional.

Are you finding it hard to keep up with your responsibilities?

Have you been losing friends?

Are you sleeping too little or too much?

Is there something you used to do that no longer interests you?

Have you been seeing your grades decrease?

Are you feeling down most days?

Are you worried have a mental health illness?

Have you experienced a traumatic event?

### WHAT IS MENTAL HEALTH STICMA?

Mental health stigma is when someone judges or sees themselves or others in a negative way because of their mental health struggles. There are different types of stigma to be aware of, including:



Genieve - 13 - New Me

#### **SELF-STIGMA**

When a person feels shame or blames themselves for their emotions or how they are doing mentally.

#### **PUBLIC STIGMA**

When others have negative attitudes towards people with mental health conditions.



Mark - 15 - Insecure World



Mia - 17 - Cut and Paste

#### **CULTURAL STIGMA**

When there is an belief that an individual's behavior is affected by the culture of the society to which they belong.

#### **INSTITUTIONAL STIGMA**

When public policies, purposely or accidentally, include actions that put people with mental health conditions at a disadvantage.

Learn more about mental health stigma at the American Psychiatric Association website.

# IMPACT OF STIGMA

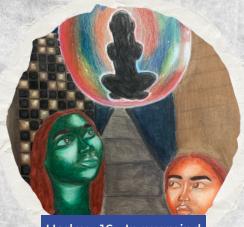
Individuals with mental health conditions might hesitate to seek help or commit to their treatments, which may make them feel more excluded from their family, friends, or peers.



Christine-17 - Chubby Checka



When someone's support structures (parents, educators, friends) don't believe that someone should seek help, it can feel like there is nowhere to turn for it.



Harley - 16 - In my mind

The government may not allot adequate funds towards researching mental illness or providing accessible public health services for individuals affected by mental health conditions.

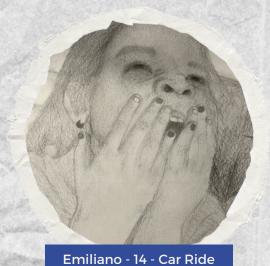


According to a national analysis, <u>Texas ranks last for mental</u> <u>health access</u>, with residents having the least access to mental health care compared to the rest of the country.

To learn more see this Menta Health America blog post, "The impacts of pressures and stigma."

### REDUCING STIGMA

Stigma surrounding mental health is a real problem, and it can make mental health issues worse or prevent individuals from seeking help. Below are some ways to address and reduce mental health stigma.



Be cautious about the jokes and sayings you make because they reduce the seriousness of the condition (example: I'm so OCD).



Speak up when you hear people around you make negative or incorrect comments about mental illness.



Michelle - 10 - Friendship

Look up "9
Ways to Fight
Mental Health
Stigma" from
the National
Alliance of
Mental Illness
(NAMI)" or click
here.

No one should be criticized or made fun of for seeking medical help, whether it's for a physical ailment or a mental health condition. Let's make sure that seeking therapy or treatment for mental health is treated with the same level of respect and empathy as physical health.

## REDUCING STIGMA

Your friends, family, and school community can be great allies in the fight against stigma. See below for ways they can help.



Aliah - 11 - Happy In Green

Students can speak out against stigma and encourage peers to understand the importance of mental health while seeking support for themselves and others.

Parents can talk with their kids about understanding and accepting their emotions. To learn more go to <u>SAMHSA</u>: How to talk about mental health.

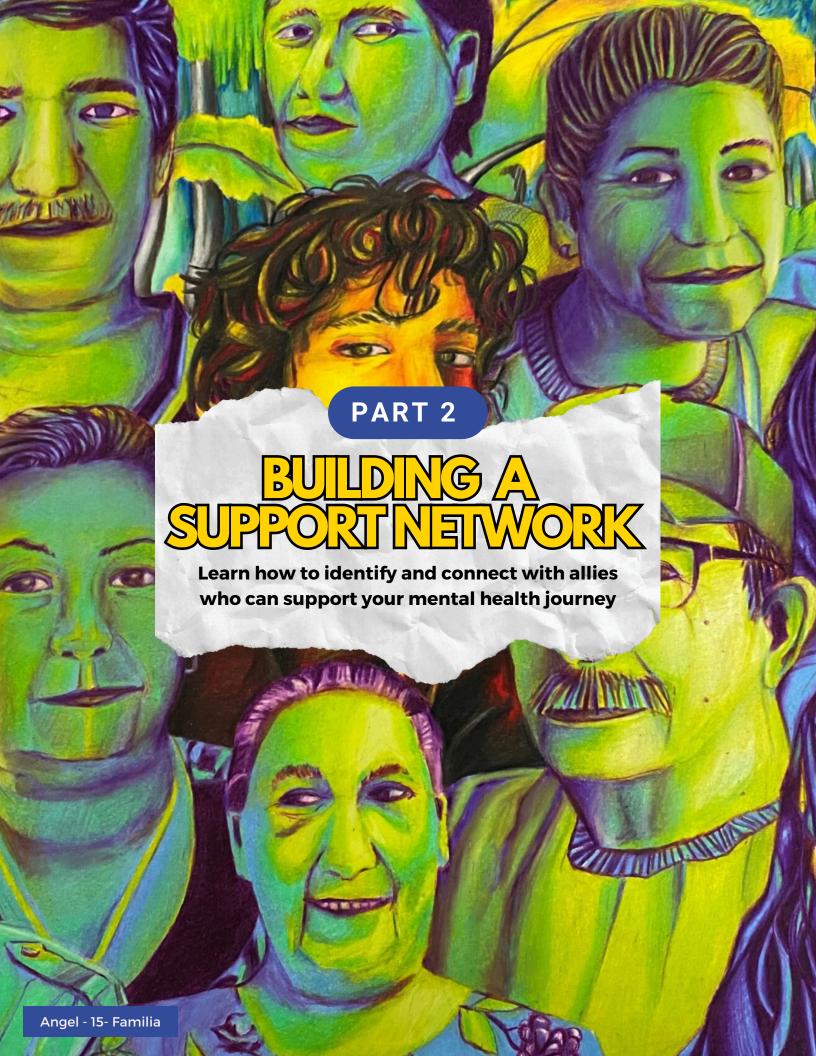


Roxia - 18 - Family First



**Keerthana - 17 - Education Empowers** 

Educators can develop class or lesson plans that teach students about the importance of mental health.



# WHAT IS A SUPPORT NETWORK?

A support network of family, friends, and adult allies can contribute greatly to your well-being and success in life. They can also help you feel better by taking your concerns seriously and learning about your needs.

Here are other ways a strong support network can help you overcome life challenges or barriers:

See your best qualities

Build your confidence

See a different perspective

Brainstorm steps to receive help Listen to you during difficult times

Encourage you to make healthy choices

Connect to resources and professional help

Identify opportunities for personal and professional growth

To learn more about the benefits of having an adult ally, go to "Developmental Relationships Help Young People Thrive."

## FINDING SUPPORT

There are always people in your family or in your community happy to help and waiting for you to reach out. The key is not to give up and keep connecting with people you feel safe with and can be your champions.

#### TIPS ON FINDING ALLIES

- Ask school administrators or teachers if there is someone at school you can talk to about your emotional or mental health needs
- Think about which people you feel safe and comfortable being around
- Ask your friends and family if they recommend someone who has helped them get through difficult times
- Think of adults who are respectful, non-judgmental, helpful and trustworthy
- Be patient, identifying a trusted adult can take time.



Tkya - 17 -Family

Not every adult is going to be sensitive to your needs or be the right fit. To learn more about qualities to look for in a trusted adult, see "The Search Institute

Developmental Relationships."

## FINDING SUPPORT

#### **SCHOOL ALLIES**

Wraparound Specialists
School Administrators
Counselors
Social Workers
School nurses
Care Coordinators
Teachers/Teaching Aids
Librarians
Coaches/Dance Instructors
Extracurricular Adult Staff
Resident Advisors

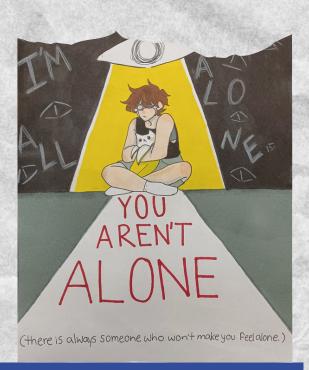
#### **COMMUNITY ALLIES**

Parents/Guardians
Other family members
Family friends
After-School Program Staff
Community organizations
Pastors, clergy, youth ministries
Neighbors
Mentors

#### **MENTAL HEALTH PROFESSIONALS**

Peer Specialists
Social Workers/LSW
Mental Health Counselors
Behavior Specialists
Therapists
Psychologists
Psychiatrists

See the glossary for definitions of mental health professionals



Alexandra - 14 - The Light on the Other Side

## FRIENDS VS ADULT ALLIES

When discussing mental health, friends and adult allies can be great sources of support, with different knowledge and access to resources.

Xelenie - 6 - Surround Yourself w/ Friends



#### FRIENDS/ PEERS

#### **ADULT ALLIES**

Why are these connections important?

We are comfortable talking to friends and they can be a good **first step** in looking for help.

Adults have more experience and can help you expand your support systems.

What does a healthy relationship look like?

Friends respect our feelings and our differences, and value who we are and who we want to become. Adults who listen and provide support without making you feel shame or judgment.

Knowledge of mental health care

A friend may share their own experiences and brainstorm what might be helpful for you.

Adults can help navigate barriers and identify and connect to mental health professionals.

How can they help?

A friend can be a support system while you are figuring out what will work best for you.

Adults can help you find trusted resources and provide hope as you seek the support you deserve.

### REACHINGOUT

Parents and caregivers can be a source of support in your mental health journey and help you connect to the care you need. Below is an example of how to begin talking about mental health with them.













Jaagat - 17 - Talking to Parents

### REACHINGOUT

It can be difficult to talk to your parents and caregivers about mental health. Below are a few examples of how to discuss challenges or potential barriers.

#### **SCENARIO 1**

#### Requesting professional help:

Nana, I have been feeling depressed lately, but I'm not sure if it is just that I am sad or if its something more serious. Can we talk about it with a mental health professional?

#### **SCENARIO 2**

#### When your caregivers are skeptical:

Grandma, if you don't think depression is a real thing young people deal with, could we read this article about youth depression together and talk about it?

#### **SCENARIO 3**

#### **Dealing with Financial Issues**

Hey mom, there are different ways to access mental health care, and some services are free or low cost. I found a list in the MHA website. Can we look more into it and see which one works best for our family?

#### **SCENARIO 4**

#### **How to Manage Religious Barriers**

Dad, I have not been feeling emotionally well for a long time and I need more than spiritual support at this time.

Could we find a mental health professional who can help me take care of myself?



## REACHINGOUT

If you are encountering challenges talking to your parents, you can reach out to an adult in your school or community who can help you connect to the resources you need.



#### Jaagat - 17 - Talking to Teachers

#### **SCENARIO 1**

#### Talking to a coach:

Hi, Coach. I know we mainly talk about sports stuff but you work well with kids and I have not been feeling well mentally. Could I talk to you or someone at school about how I have been feeling?

#### **SCENARIO 2**

#### Talking to a counselor:

Hi, Mr. Johnson. I have been having a lot of anxiety and my parents aren't being supportive of me during this time. Would you mind setting an appointment so we can talk with them?

### REACHING OUT

Opening up to a friend or peer can be easier and is a great FIRST step in your mental health journey. Friends can help you brainstorm and may know where to find additional and professional support.













Jaagat - 17 - Talking to Friends

# FACING POTENTIAL CHALLENGES

Reaching out for mental health help can be scary or intimidating. There is still a lot of stigma and misinformation and it is normal to not feel comfortable asking for mental health care. Below are some things to consider when reaching out to parents and adult allies.

#### **PARENTAL CONSENT**

Under Texas state law, if you are under 18, you need parental consent to receive long term mental health care.

However, there are specific situations where minors can consent to treatment.

Learn more at: "Texas Health Steps Adolescent Health Guide for Providers"



Zahyre - 18 - Amor Eterno

### LIMITED PARENTAL SUPPORT

- Call a hotline, they might provide advice on how to reach out to your parents
- Find an adult or another family member or school counselor that can help by:
  - Brainstorming best ways to approach your parents/caregivers
  - Requesting a meeting with them
  - Explaining the situation from an adult's perspective
- Be patient with your parents, just because they don't understand your situation now does not mean they never will.
- Learn more at MHA website: "How can I get help without family knowing"

# FACING POWER LANGES

#### FEAR OF SPEAKING UP

- You do not have to share anything until you feel safe to speak up
- Knowing what you are afraid of can help you identify next steps or persons to talk to
  - Do you think people will not believe you
  - Are you afraid of your parents finding out
  - Are you fearful of the consequences of what will happen
- Sharing what you are going thru, can help you not feel alone
- <u>Learn more at MHA website</u>: "I'm afraid to talk to anyone about my mental health"

#### **MANDATED REPORTERS**

- Mandated reporters are professionals who work with children on a regular basis and are in a good position to notice injuries, changes in behaviors, and other indicators that may be early signs of child abuse or neglect.
- Texas law requires that any person suspecting that a child has been abused or neglected must immediately make a report.
- Learn more at: Texas Department of Family and Protective Services



Maya - 11 - Heart to Heart

#### **CONFIDENTIALITY**

- Except as permitted by law, a doctor is legally required to maintain the confidentiality of care provided to a minor
- Exceptions: Confidential care cannot be provided when the law requires parental notification or consent or when the law requires the provider to report health information. A licensed physician, dentist, or psychologist may, with or without the consent of a child who is a patient, advise the parents, managing
- Neither you nor your parent/guardian has the right to access your psychotherapy notes. Disclosure of this information is at the discretion of the health provider.
- Learn more at: "Texas Health Steps Adolescent Health Guide for Providers"



### MENTAL HEALTH CARE

There are many ways to receive mental health care from individual therapy to group sessions. Below, read more about the different options you have for mental health care.

#### **SERVICES**

#### **DESCRIPTION**

### WHEN IS IT THE

#### INDIVIDUAL THERAPHY

Recommends lifestyle changes, processes challenging emotions, and calls attention to self-destructive habits.

If you are dealing with personal problems that

impact your mental health

and your relationships.

### FAMILY THER APY

Assists families and couples during periods of change, specifically relating to show they interact with eachother.

If you or a member of your family is having difficulty functioning in their normal capacity.

### **GROUP COUNSELING**

Therapists counselling a group of people who are struggling with issues similar to yours.

If you are willing to share and be open, try a few groups before you find the best fit for you.

### SUPPORT GROUPS

Provides support and guidance from people who have faced similar challenges.

If you feel alone and want to meet others in similar situations, try different ones to find the best fit.

To learn more
visit MHA
website:

"Mental Health
Treatments"

## MENTAL HEALTH CARE

The length of mental health care can vary depending on the person's needs. Below, read more about the different ways physicians and mental health professionals can assist you.

#### **OUTPATIENT**

- Traditional outpatient: ~30-60 minutes session 1-2 times a week.
- Intensive Outpatient: ~3 hrs/day, multiple days a week.
- It can include group therapy and individual mental health counseling.
- During outpatient treatment, patients are able to continue their normal day-to-day activities including going to school or work.
- Outpatient care can be scheduled around your normal daily schedule.

#### **IN-PATIENT**

- Partial Hospitalization: ~8 hours a day/multiple days a week
- Residential Treatment: staying overnight at a treatment facility, which could be at a hospital, mental health care facility, or drug and alcohol rehabilitation centers.
- During inpatient stays, patients are monitored more closely.
- This can be helpful for those needing drug or alcohol treatment.

#### **MEDICATION**

Researchers believe that the symptoms of mental illness come from chemical imbalances in a person's brain. Medication does not cure mental illness but can help manage chemical imbalances or relieve symptoms.

It is very important to work with a doctor and your family to determine the best way for you to receive care. <u>To learn more go to Medication on MHA Website</u>



To learn more check out the Psych Hub
YouTube channel:
Outpatient
Behavioral Health
In-patient
Behavioral Health

## OTHER FORMS OF CARE

If you are not comfortable speaking with a therapist or feel extra support would be helpful, there are many bridges to therapy that can help support your mental health. These however do not substitute professional medical care.

#### **ART THERAPY**

- A distinct discipline that incorporates creative methods of expression through visual art media.
- It allows you to be more relaxed, especially for those who do art as a hobby, as you tap into your creative side. However, it can be frustrating for those who aren't as creative as others or do this as a hobby.

#### **MUSIC THERAPY**

- The clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.
- Music therapy is a broad field, and based on most licenses, therapists are not considered counselors.

#### **PET THERAPY**

- An alternative or complementary type of therapy that includes the use of animals in treatment.
- The goal of this animal-assisted intervention is to improve a patient's social, emotional, or cognitive functioning.
- However, since there are not a lot of regulations around obtaining an animal for assisted therapy, anyone can get one, thus rendering it almost obsolete as it is just one tool.

### SELF-ADVOCACY

Self-advocacy is about understanding your rights, learning and utilizing community resources, and knowing when to speak up for yourself or reach out to allies. It can be a very useful skill when seeking mental health care or overcoming barriers to access.

### WHAT DOES IT LOOK LIKE?

- Learning how to take care of myself physically and mentally
- Identifying people who can be in my support system
- Reaching out to friends, parents, or teachers when we need help
- Asserting my needs to parents (parental consent to seek therapy)
- Asking for accommodations in school
- · Utilizing resources in my school and community
- Understanding my rights as a patient (when hospitalized for a crisis)



#### **PATIENT RIGHTS**

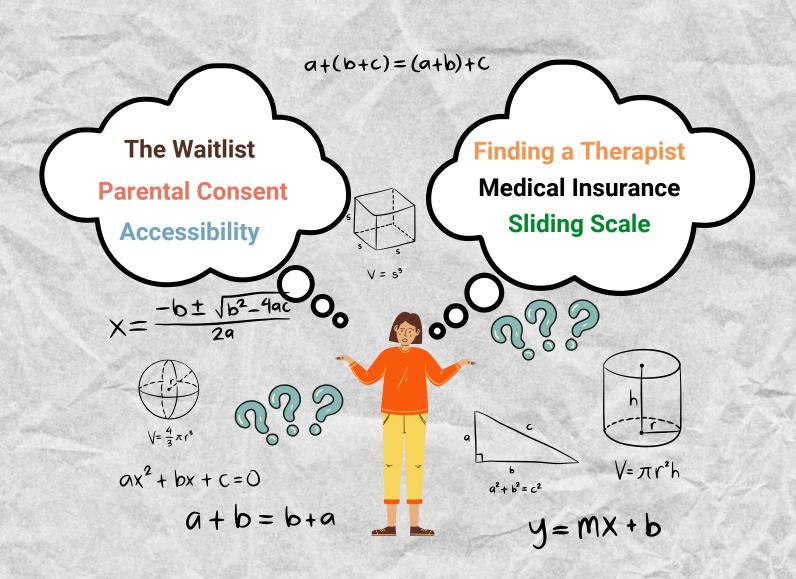
Below learn more about the rights you and your family have when receiving health care. These rights must be respected by physicians and health care providers.

- <u>Patient Rights American Medical Association</u>
   <u>Code of Medical Ethics.</u>
- The Pediatric Bill of Rights from the Society of Pediatric Nurses

Abigail - 18 - A Little Ball of Hope

# UNDERSTANING BARRIERS

Figuring out how these terms connect to mental health care can be as complicated as solving math problems. Let's break down these terms to better understand them and how to overcome potential barriers.



### ACCESSIBILITY

Many communities do not have enough mental health care providers for their residents. Research shows there is only one mental health provider for every 800 residents in the three-county area (Harris, Fort Bend, and Montgomery), less than half the access compared to the national average.

#### **ACCESSIBILITY**

Anyone has the right to mental health care. However, some populations find it more difficult to access mental health support due to financial issues, immigration status, and living location, among other challenges. For example, people living in rural areas might have less access to inperson treatment because there are not many clinics or therapists in their neighborhood. If this is the case for you, call your closest Local Mental Health Authority or **call 988 suicide and crisis lifeline**.



Valery - 14 - Reign of the Blooms

#### **WAITLIST**

Due to issues of accessibility, you might end up on a waitlist when you schedule an appointment to talk to a mental health professional. Here are some actions you can take while you wait:

- If you require immediate help you call 911, 988, or a crisis hotline
- Try to reach out to different resources and hospitals
- · Find a support group, some examples below
  - Alateen: for teens who are struggling with the effects of someone else's problem drinking or <u>click here</u>
  - Re:MIND Online Support for youth, women, LGBTQ or click here
- Check-out these Self-Help Techniques for Coping with Mental Illness by NAMI or click here

## PAYING FOR MENTAL HEALTH CARE

Getting the mental health support you need can sometimes be pricey.

However, this should not discourage you from reaching out for help.

Below are some options that allow you to receive mental health

support at a lower price.

#### HEALTH INSURANCE

- Medical insurance can cover some or most mental health costs including therapy sessions, medication, etc.
- Start by asking your parents/guardians what type of health care you
  have (i.e. Medicaid, insurance name, etc.) and ask if your insurance plan
  covers mental health care.
- If you have insurance you can call or go to your health insurance's
  website to receive a list of therapists or mental health care providers in
  your area.
- If you DO NOT have insurance you might need to pay out of pocket. Some places might base your payment on how much money your parents earn and if they earn less you will pay a smaller fee.
- If your parents cannot help or need more information you can try calling the number for Medicaid which is 8776338747.

#### SLIDING SCALE

A sliding scale is a fee structure that therapists sometimes use to provide mental health services at a lower cost to people who have financial difficulties.

To see a list of mental health providers who provide counseling services for Medicaid or low-income Houston families go to Texas Children's Hospital or click here



## FINDING A THERAPIST

Finding a therapist whom we can click with will take time and effort and might require meeting multiple people. Stay hopeful and patient and you will find the appropriate therapist who can walk with you on your mental health journey.

#### **BENEFITS**

There are many benefits to speaking with a therapist including:

- Feeling happier and enjoyig life
- Better physical well-being such as better sleep or less stress
- Healthier relationships in your life
- Learning skills and mechanics to face and win struggles in everyday life
- · Better care of emotions and feelings



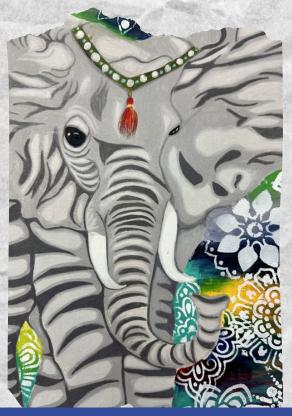
Jasmin - 16 - New Beginning

### TIPS FOR YOUR SEARCH

Below, we put together some tips on how to find the right therapist for you:

- Research the therapist's fees and insurance coverage
- Reach out to your school, primary doctor, or friends and family for referrals or recommendations.
- Check your therapist's credentials and what they focus or specialize on
- Trust your instinct when you meet with a therapist and don't be afraid to change if the relationship doesn't feel right
- Look for a therapist who understands the struggles that are specific to your identity (i.e. race, culture, gender, or sexuality).
- Write down what you hope to address in therapy and communicate your goals with your therapist

# CULTURAL FACTORS



Macie - 12 - Strong Like the Women Next to Me

#### CULTURAL HUMILITY

Cultural humility is a practice of selfreflection on how one's own background and the background of others impact teaching, learning, research, creativity, engagement, leadership, etc.

### CULTURAL COMPETENCY

A therapist who is culturally competent can understand, appreciate, and work with people from cultures or belief systems different from their own.

### WHY DOES IT MATTER?

A therapist practicing cultural competency can help your therapy experience by making you feel safe to share your experiences, values, and beliefs around culture, race, ethnicity, socioeconomic status, and sexuality.

A therapist who practices cultural humility can encourage you to ask questions, develop your own solutions, and provide feedback.

To read more about the similarities and differences between cultural humility and cultural competency, go to the University of Oregon's website under "distinguishing cultural humility from cultural competence" or <u>click here</u>

### SWITCHING THERAPISTS

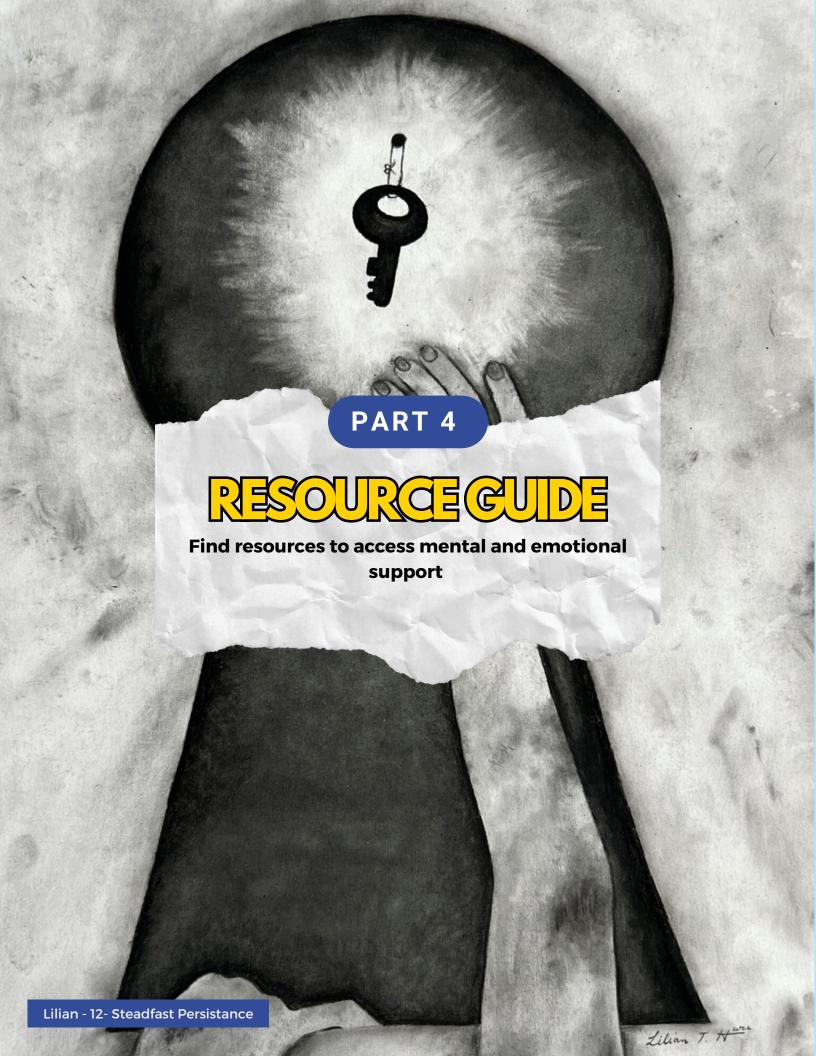
Sometimes your therapist isn't the right fit for you. There can be many reasons behind a need to change, such as feelings of discomfort, financial issues, or different value systems. Whatever the reason, do not feel like you have to remain with your therapist.

### RECOGNIZING THE SIGNS

- You and your therapist might not be a good fit if you experience any of the following:
  - Therapy sessions out of financial reach
  - Issues with insurance
  - Scheduling conflicts
  - Inability to open up to your therapist
  - Sessions are not engaging or helpful
  - Differences in core beliefs
  - You want a second opinions
  - Therapist is not interested in your emotions or experiences
  - Lack of cultural humility or cultural awareness

#### **STEPS TO TAKE**

- Reflect on what you need in a therapist
  - Write down your likes and dislikes about thereapy sessions from the past
  - Identify your preferences in a therapist, i.e., their focus, background, beliefs, ideas, cost, etc.
- Communicate with your current therapist
  - o Be confident. Have a direct, brief conversation with your therapist
  - If you are comfortable, ask them if there are other therapist you can talk to
- Activate Your Search
  - Look for other resources at school or through crisis lines
  - Ask for recommendations from adult allies or friends



# IDENTIFYING AN EMERGENY

This section contains resources to help you connect to mental health care. In dangerous or emergency situations, however, **CALL 911** for emergency medical services, fire, and police, or **CALL 988** for support for a suicidal, mental health and/or substance use crisis, or emotional problems.

#### **EMERGENCY SITUATIONS**

Below are times that qualify as an emergency but aren't limited to:

- Bleeding that will not stop
- Breathing problems (difficulty breathing or shortness of breath)
- Change in mental state (unusual behavior, confusion)
- · Coughing up or vomiting blood
- Fainting or loss of consciousness
- · Feelings of committing suicide or murder
- Sudden dizziness, weakness, or change in vision
- Sudden injury (near drowning, deep or large wound, other injuries)
- Swallowing a poisonous substance

To learn more, go to <u>"Recognizing Medical Emergencies"</u> on the <u>Medline</u> Plus website.



# USING ONLINE RESOURCES

If you want to do your own research online, please read below for things to think about. Remember that talking to a trusted adult is highly recommended and can make your search easier.



### **PROS**

You can do things in your own time, no rush.

Your search can be accessed from computers at home, school, library, etc.

You have access to an infinite amount of information.

You are able to find a lot of different examples and situations.

You learn new language and terms aimed at mental health.

### Ŗ

### CONS

May not be sure where to look or how to start.

You don't have control over your privacy.

Unreliable sources are mixed among the credible ones.

Information can be overwhelming or inaccurate.

The language used can be confusing.



# USING ONLINE RESOURCES

When doing your own research on mental health, go to credible sources written by experts and are free from mistakes.

#### Credible Resources

Noncredible Resources

**Publisher** 

Governments, universities, health departments, and organizations

Blogs and social media

**Timeframe** 

Up to date, no more than 10 years.

10 years or more

Grammar

Contains no spelling errors or grammar mistakes.

Contains spelling and grammar errors

Main focus

Provide information for better health based on research verified by experts

Describe daily habits and share personal experiences

**Examples** 

Central for Disease Control, National Institute of Mental Health

TikTok, Reddit, Depression Tests Questionnaires

#### Try NOT to use online screening tools.

They are **NOT** a clinical diagnosis, and often oversimplify situations. To learn more about the dangers of self-diagnosing go to: <u>"A Challenge with Social Media: Self-Diagnosing Mental Health."</u>

### RESOURCES

### MENTAL HEALTH HOTLINES

- The Harris Center for Mental Health and IDD provides basic support and community referral information, available 24 hours a day
  - o Call 713-970-700 or Text 832-479-2135
  - o To access the crisis services department, click here
- Lifeline Chat and Text connect with crisis counselors for emotional support and other services
  - o Call 988 or TEXT 838255
  - o To access the website virtually, click here
- The Substance Abuse and Mental Health Services Administration (SAMHSA)
   Disaster Distress Helpline an information service for individuals and families facing mental and/or substance use disorders
  - Call 1-800-985-5990 or Text TalkWithUs to 66746 to connect with a trained crisis counselor
  - To access the website virtually, click here



### WHAT TO SAY (EXAMPLE)

Hello, this is (name). I am (age) years old.
Lately, I have been hurting mysel and my
parents haven't been supportive during
this difficult time. I don't know where to
turn. What can I do?

Lucy - 16 - Alone 38

### RESOURCES

### MENTAL HEALTH RESOURCES

Find a mental health professional in your area by going to the following:

- Mental Health America of Greater Houston Youth Resource Guide a
  guide for mental health and substance abuse services for youth in the
  Greater Houston area. To access the guide virtually, <u>click here</u>
- 988 a confidential suicide and crisis lifeline
- 211 a free, anonymous social service hotline available 24 hours a day, 7 days a week, 365 days a year with information about resources in your local community.
- Teen Health Clinic at Baylor College of Medicine, click here
- Texas Health and Human Services a website with information about how to contact local mental health authorities. To access the website virtually, <u>click here</u>
- "Find your Therapist Directory" from the Anxiety & Depression
   Association of America a resource to help find a therapist in your area that suits your specific needs. To access the website virtually, <u>click here</u>
- Therapy for Black Girls a database specifically designed to help African-American women find a therapist. To access the website virtually, <u>click here</u>

### REMOTE RESOURCES



Cameron - 13 - Strength Within

#### **TELEHEALTH**

**Telehealth** (telemedicine): mental health care provided virtually or thru the phone rather than inperson; done through the internet on a computer, tablet, or smartphone

Options for telehealth:

- Talking to your healthcare provider live via the internet
- Sending and receiving messages from a healthcare provider
- · Using remote monitoring

For more information go to the Telehealth website and search "What is telehealth?" or **click here** 

#### **MOBILE CRISIS OUTREACH TEAM**

This is a mobile team of psychiatrists, registered nurses, licensed master's level clinicians, bachelor level clinicians, and psychiatric technicians specializing in helping people in crisis.

- All Harris County residents willing to voluntarily accept MCOT services are eligible
- To access the crisis line, dial 713-970-7000 and press 1
- Services are provided 24 hours a day, 7 days a week, and include the following: psychiatric assessment, brief therapy, substance abuse assessment, and intensive case management
- To learn more, go to "The Harris Center Mental Health and IDD Mobile Crisis Outreach Team MCOT" or <u>click here</u>



Elise - 9 - Room to Bloom

# LGBTQ+ YOUTH

Being a member of the LGBTQ+ community is absolutely NOT a mental illness, however, many people in the community experience mental health struggles.

#### **FINDING SUPPORT**

If you are LGBTQ+ here are some ways to find support:

- Maintain social connections, especially within the LGBTQ+ community
- Seek trusted adults who are members of the LGBTQ+ community such as teachers, counselors, coaches, or relatives
- Join LGBTQ+ organizations and support networks, whether it be in person or online
- Know your rights as an LGBTQ+ citizen
- Use daily affirmations or positive statements to help counter unsupportive messages

#### **RESOURCES**

#### Local:

- Hogg Foundation for Mental Health LGBTQ+ Mental Health Resources:
   click here
- Mental Health America of Greater Houston: click here
- The Montrose Center: click here
- National Alliance on Mental Health Greater Houston: click here

#### National:

- Free to be Me: A Toolkit to Protect LGBTQIA+ Students' Rights: <u>click</u>
   here
- It Gets Better Project: click here
- Mental Health America: click here
- National Center for Transgender Equality: <u>click here</u>
- The Trevor Project: click here
  - Call 866-488-7386 or Text START to 678678

### IMMIGRANT YOUTH

Immigrant, unaccompanied, and refugee youth deal with many additional barriers including language barriers, lack of insurance, and high costs. Below are tips and resources to help navigate challenges.

#### **TIPS**

- Join organizations that support you and get involved in activism projects within the community
- · Look for support from immigrant/refugee-friendly services
- Find trusted sources of information to stay up to date on changing immigration policies and guidelines
- Know your rights and how to report instances of discrimination and abuse
- Develop a routine, doing everyday activities can make things feel normal and reduce fear and feelings of stress, confusion or doubt.

#### **RESOURCES**

- Access Hou: click here
- Star Counseling and Consultation: click here
- Servicios en Español: click here
- VeryWellMind: <u>click here</u> (National)





#### **MENTAL HEALTH TERMS**

**Anxiety:** a mental condition characterized by feelings of tension, apprehension, or worry, and may lead to avoidant behavior or physical signs like increased blood pressure or muscle tension

**Attention Deficit Hyperactivity Disorder (ADHD):** a condition linked to attention difficulty, hyperactivity, and impulsiveness, possibly causing low self-esteem, trouble in relationships, and issues in school or work

**Bipolar Disorder:** a mental illness characterized by alternating periods of strong excitement and happiness and periods of sadness and depression

**Depression:** a mental disorder marked by persistent sadness and loss of interest in activities, causing significant problems in daily life

**Eating Disorder:** a range of conditions related to persistent eating behaviors that negatively impact health, emotions, and ability to function in daily life

**Mental Disorder:** a significant behavioral or psychological syndrome or pattern causing emotional, mental, or physical distress to an individual

**Mental Health:** a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with adversity

**Mental Illness:** a wide range of health conditions that impact one's thinking, mood, behavior, and emotions

**Obsessive-Compulsive Disorder (OCD):** a disorder linked to unreasonable thoughts or fears causing compulsive or repetitive behaviors

**Post-Traumatic Stress Disorder (PTSD):** a disorder following a traumatic event that may cause intense emotional or physical reactions

**Substance Abuse:** the excessive use of psychoactive substances such as alcohol or illicit drugs, that may lead to physical, social, or emotional harm **Suicide Ideation:** or suicidal thoughts; a term used to describe contemplations, wishes, and preoccupations with death and suicide

### **GLOSSARY**

### MENTAL HEALTH PROFESSIONLS

Daniela - 17 - Garden Mind

**Behavioral Specialist:** a psychological counselor who specializes in treating individuals with behavioral issues that impair social functions

**Health Care Provider:** Under federal regulations, a "health care provider" is defined as: a doctor of medicine or osteopathy, podiatrist, dentist, chiropractor, clinical psychologist, optometrist, nurse practitioner, nurse-midwife, or a clinical social worker who is authorized to practice by the State and performing within the scope of their practice as defined by State law.

**Peer Specialist:** an individual with lived experience who has been trained to help others with mental health, trauma, and substance issues

**Psychiatrist:** a medical practitioner (an M.D. or D.O) who specializes in mental health, and is able to diagnose and treat mental illnesses

**Psychologist:** an expert in psychology who studies mental states, emotions, and behavior; often their work focuses on experimentation and observation focused on individuals and how they relate to one another

**Social Worker:** a professional who helps people with social disadvantages or personal issues within a community

**Therapist:** a person who has been trained in and practices one or more types of therapy to treat mental or physical disorders

**Wraparound Service:** holistic care systems that focus on goals highlighted by

the child, their family, and a care team

Daniela - 17 - Garden Mind

## APPENDIX

211 Texas: <u>click here</u> 988 Lifeline: <u>click here</u> Access Hou: <u>click here</u>

Al-Anon Family Groups: click here

Anxiety and Depression Association of America: <u>click here</u> Centers for Disease Control and Prevention (CDC): <u>click here</u>

Free to be Me: A Toolkit to Protect LGBTQIA+ Students' Rights: click here

Hogg Foundation for Mental Health LGBTQ+ Mental Health Resources: click here

Houston Immigration Legal Services Collaboration: click here

It Gets Better Project: click here

McGovern Medical School Social Media: <u>click here</u> Medline Plus Emergency Situations: <u>click here</u>

Mental Health America of Greater Houston LGBTQ+: <u>click here</u> Mental Health America Help Without Family Knowing: <u>click here</u>

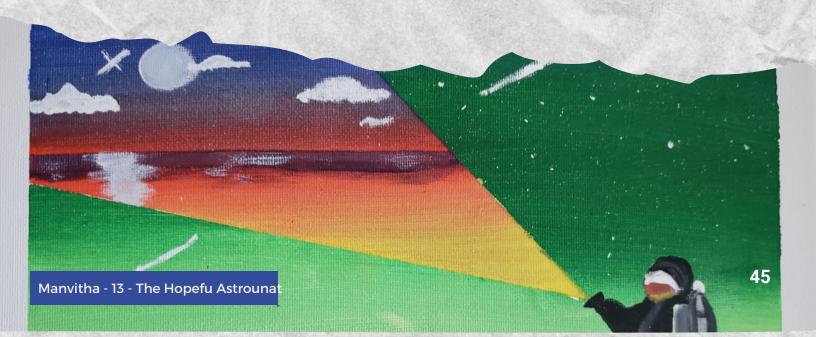
Mental Health America LGBTQ+: click here

Mental Health America Mental Health Treatments: <u>click here</u>

Mental Health America Podcast: <u>click here</u> Mental Health America Stigma: <u>click here</u>

Mental Health America Talk About Mental Health: click here

Mental Health America Talking to Parents: click here



### APPENDIX

National Alliance on Mental Illness Greater Houston: click here

National Alliance. of Mental Illness Self-Help Techniques: click here

National Alliance of Mental Illness Stigma: click here

National Center for Transgender Equality: click here

National Immigrant Women's Advocacy Project: click here

National Institute of Mental Health: click here

Re: mind Depression and Bipolar Support: click here

Servicios en Español: click here

Star Counseling and Consultation: click here

Substance Abuse and Mental Health Services Administration: click here

Telehealth: click here

Texas Health Steps Adolescent Health Guide for Providers: click here

The Harris Center: click here

The Harris Center Mobile Crisis Outreach Team: click here

The Montrose Center: click here

The Search Institute Developmental Relationships: click here

The Search Institute Developmental Relationships Help Young People

Thrive: **click here** 

The Trevor Project: **click here**Therapy for Black Girls: **click here** 

Understanding Houston Mental Health: click here

University of Houston Clear Lake: click here

University of Oregon Cultural Humility and Competency: click here

VeryWellMind: click here

Youth Resource Guide: click here

## ACKNOWLEDGEMENTS

#### **Mental Health Providers**

Mental Health America of Greater Houston Texas Children's Hospital The Harris Center for Mental Health and IDD Houston OCD & Anxiety

### **Community Partners**

Harris County Juvenile Probation and the Office of Safety Planned Parenthood Gulf Coast

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Find guide at www.houstontx.gov/education